



# Tapping Scripts

## Q&A Session 3

## Tapping for the Inner Critic

I've become more aware  
Of my inner voice  
That I could call my inner violence  
The part of me that is malicious  
And ruthless  
Uncompromising and mean to me  
Always focused on me  
The part of me  
That screams at me  
Loser!  
Failure!  
I hate you!  
The vitriol, the violence, all going on inside of me  
It breaks me, it hurts me  
Declares to the universe I don't deserve  
Declares to the universe I deserve the crap in my life  
I deserve the punishment that I am manifesting  
And just for a second, I am going to observe it  
The pain body  
That I carry with me every minute of the day  
Never relief  
And I call it violence

Even though I tell myself that it's not hurting anyone  
That I am right to be this hard on myself  
Or that it's sensible to feel guilty  
Or self-critical  
It's harmless, I tell myself  
But it's not  
It is the way I do my violence  
And I am calling it out  
I'm observing it now and I'm taking in the weight of this  
I never really looked at it this way before  
But I'm taking in the gravity of this moment  
I shudder at the violence I see in the world  
And I'm realizing how I visit this upon myself  
Somewhere I made a vow  
Somewhere I learned this  
And it's played over and over like a record player on endless repeat  
So as bad as it sounds, I can change it  
I'm questioning whether I really deserve and really benefit  
From this level of criticism  
In the light of consciousness, I'm questioning because I can change it  
I can challenge it  
I can bring peace, forgiveness, and love to it  
Darkness disappears in the presence of light

Now, I've been doing this for a long time  
So I am open to help with this  
And because it's me, I can call upon the light of my very soul  
And ask that light, which is me  
The part of me that's connected to the divine  
I can ask that light to expand in me now and fill in some of the spaces  
The holes in my field where these painful repeating phrases sit  
Where this vow to abuse myself lies  
I am so open to divine help with this  
I am open and asking for light  
Divine source energy light to fill me  
Expand in me  
Help me forgive myself  
Help me understand myself with compassion  
And I will use this light to challenge this old recording, this old vow  
To challenge it anew every day  
Until the violence in me is a whisper  
Until the violence in me is transmuted into the energy that I need for my  
real mission  
There's so much energy caught up in this violence  
I want to use that energy to create instead of destroy  
I'm grateful that I have this beautiful divine light in me  
To support my consciousness work  
And I ask for a blessing

That tonight while I sleep, this divine light will continue to support me

Unwind

Untwist

Unlock

Release all of these old patterns

Even while I am sleeping tonight

I am breathing in light

And feeling a new energy

The energy of peace

Third Chakra peace

At one with who I am.